

Healthy Gatherings Scorecard

For Meals at Meetings, Events & Celebrations

Use the scorecard below when planning meals for meetings, events or and celebrations. Lower scores mean there are improvements that can be made, while higher scores indicate that you've chosen healthier options. If you need tips on how to make your meal healthier, see the reverse side for full definitions and descriptions about each category.

	0	1	2
Is water available?	No	Yes, but not enough for everyone or is not easily accessible	Yes, it is freely available for everyone and easily accessible
Is there a whole fruit option available? (not juice)	No whole fruit options are available	Yes, but not enough for everyone	Yes, with plenty for everyone
Is there a non-fried vegetable option available?	No non-fried vegetable options are available	Yes, but not enough for everyone	Yes, with plenty for everyone
Is there a whole grain option available?	No whole grain options are available	Yes, but not enough for everyone	Yes, with plenty for everyone
Is there a protein of lean meat and/or meat alternative available?	No lean meat or meat alternative is available	Yes, but not enough for everyone	Yes, with plenty for everyone
Is an unsweetened dairy item available?	No dairy options are available	Yes, but not enough for everyone	Yes, with plenty for everyone
Are cookies, candies, sweets and/or pastries available?	Yes, more than enough for everyone and/or oversized helpings	Yes, but only individual servings are offered and quantities are limited	No, cookies, candies, sweets and/or pastries are not available
Are snacks that are both salty and high saturated fats available (e.g. chips, puffs, rinds and jerky)?	Yes, more than enough for everyone and/or oversized helpings	Yes, but only individual servings are offered and quantities are limited	No, snacks that are both salty and high saturated fats are not available
Are sugar-sweetened beverages available?	Yes, only sweetened beverages are available	Yes, sweetened and unsweetened beverages are available	No, only water and unsweetened beverages are available
Are opportunities available for brief physical activity breaks?	No	Yes, but not hourly	Yes, hourly

Scores: 0s _____
 1s _____
 2s _____
Total: _____

What Your Score Means:

A total score of 17 or more - Congrats! This is a healthy meal.

A total score of 11 - 16 - You are on the right track, see resources on how to improve.

A total score of 10 or less - Improvement needed. Check resources listed on page 2.

* See next page for definitions by categories.

Healthy Gatherings - Definitions by Category:

Is water available?	Water is freely available and accessible, options include water bottles for everyone, continuously filled water pitchers or jugs with cups, and/or water fountains or filling stations nearby and on the same floor with cups provided.
Is there a whole fruit option available? (not juice)	Whole fruit is defined as fruit options that are fresh, frozen, canned or dried, not juice. When planning an event look for packaging that says packed-in 100% juice or water without added sweeteners. For a list of fruit options and portion sizes visit: http://www.choosemyplate.gov/fruit
Is there a non-fried vegetable option available?	Whole non-fried vegetables are defined as fresh, frozen, or canned. When planning an event look for options labeled low sodium or no salt added. Fried vegetables are foods that have been submerged, set or soaked in fat/oil. They include foods that you reheat by baking in the oven such as French fries, tater tots, and hash browns. This does not include sautéing in light oil, roasting, or cooking stir-fries. For a list of non-fried vegetable options and portion sizes visit: http://www.choosemyplate.gov/vegetables
Is there a whole grain option available?	When selecting whole grains, check the ingredient list to ensure the first ingredient says "whole". Examples of whole grain options include: whole grain cereals, breads, and pastas; oatmeal, cream of wheat, brown rice, quinoa etc. For a list of whole grain options and portion sizes visit: http://www.choosemyplate.gov/grains
Is there a protein of lean meat and/or meat alternative available?	Lean meat options include fish, chicken, turkey or lean cuts of beef. Also included are meat alternatives such as eggs, beans, low fat cheeses, nuts, and seeds. For a list of protein options and portion sizes visit: http://www.choosemyplate.gov/protein-foods
Is an unsweetened dairy item available?	Includes cheeses, milk, yogurt, cottage cheese and milk alternatives (i.e. soymilk) without added sugar. Sweetened dairy items containing added sugar include, but not limited to, puddings, yogurts and frozen yogurts with added sugar, and ice cream. For a list of dairy options and portion sizes visit: http://www.choosemyplate.gov/dairy
Are cookies, candies, sweets and/or pastries available?	Items include, but not limited to, cookies, dessert pies, fruit turnovers, doughnuts, sweet rolls, toaster pastries, brownies, cake, etc. Items pre portioned or served into individual servings could include precut cake, fun size candies in limited quantities, or small sized cookies.
Are snacks that are both salty and high saturated fats available (e.g. chips, puffs, rinds and jerky)?	Items are specific to chips (potato, tortilla, or Cheetos), puffs (cheese puffs), pork rinds, and jerky. Items pre portioned or served into individual servings include pre bagged chips, puffs, or rinds, or small individually wrapped jerky.
Are sugar-sweetened beverages available?	Sugar-sweetened beverages include soda pop, sports drinks, fruit-flavored beverages, fruit juices, etc.
Are opportunities available for brief activity breaks?	Activity breaks are group lead and get people up and moving such as stretches, walking, marching in place, physically active game, etc. for at least 5 minutes for every hour. Be sure to include activity breaks on the schedule.

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